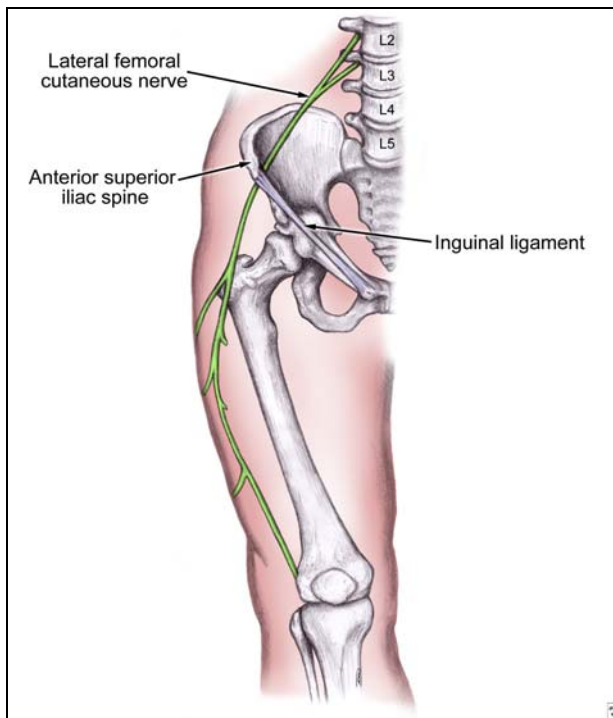


## Meralgia Paraesthetica – Information Sheet for Doctors

- Meralgia Paraesthetica is due to entrapment of the lateral cutaneous nerve of thigh usually as it passes through the inguinal ligament. Sometimes it is due to direct trauma, stretch injury, or ischemia.
- The patient typically complains of a painful patch of numbness on their lateral thigh.
- The sensory disturbance is usually well demarcated (see below). Typically a patient will be able to trace the area that is numb with their finger. In radiculopathy the sensory disturbance is much more diffuse. There should be no weakness as it is a purely sensory nerve.
- Commonly there is a history of recent weight gain or pregnancy to explain the problem. Tool belts and diabetes are also risk factors
- The diagnosis is made clinically.
- Nerve conduction studies are not required when the history is typical.
- Treatment is usually supportive only
- Occasionally patients may benefit from treatment with medication for neuropathic pain such as Amitryptiline, Carbamazepine or Gabapentin. Surgical interventions are described but are hardly ever required
- Symptoms may persist for months or even years.



Anatomy of the lateral cutaneous nerve of thigh



Sensory Distribution of the lateral cutaneous nerve of thigh